

It takes a village to truly be a wingman according to a senior master sergeant after an Airman's failed suicide attempt and disappearance. Page 2.

First Look

Caring hearts

A Hearts Apart BBQ is from 2-6 p.m. Saturday at Fiddlers Green. For more information, call Diane Katz at 295-549-690 or e-mail dkatz40@aol.com.

Red Cross training

An American Red Cross Fundamentals of Instructor Training Course is from 6-10 p.m. May 16. For more information, call the Red Cross office at 2-3516.

ARC class

The next cardiopulmonary resuscitation/defibrillator class is from 9 a.m.-5 p.m. May 21. For more information, call the Red Cross office at 2-3516.

Coaches needed

Lajes High School is exploring the possibility of starting a wrestling team next fall. Anyone interested in coaching and training a wrestling team should call the high school athletic director at 2-4151.

CAD

Community Appreciation Day is noon-6 p.m. May 21 near Fiddler's Green. There will be aircraft displays, an aerial demonstration team and music by local bands and Check Six, a USAFE Jazz band.

Preflight

■ *Days since last DUI ...* 25
 ■ *DUIs since Jan. 1 ...* 2
 ■ *Current AEF ...* 5 & 6
 ■ *Current FPCON ...* Alpha
 ■ *Combat Nighthawk:*
Capt. Robert Lance,
65th Civil Engineer
Squadron; Master Sgt.
Steven Sandy, *65th*
CES

Fiesta!



Michelle Henderson, 729th Air Mobility Squadron, and her daughter, Amaya, attempt to hit a pinata at the Cinco de Mayo festival Saturday at Fiddler's Green sponsored by the Organization for Latin Americans. (Photo by Master Sgt. Michael Featherston.)

BRAC info available

Free number, website to assist DoD personnel

Master Sgt. Mitch Gettle Air Force Print News

WASHINGTON – The secretary of defense is expected to announce the proposed Base Realignment and Closure list during a press conference May 13.

Air Force officials said they understand the effect BRAC can have on servicemembers, retirees, employees and their families.

To assist people with vital BRAC information, the Air Force will provide a toll-free number, (888) 473-6120, for military and civilian members affected by the BRAC list. Besides the toll-free phone number, the Air Force has an informative BRAC Web page at www.af.mil/brac.

"This number will be available starting May 13 from 8 a.m. to 8 p.m. (EDT) until further notice," said Col. Thomas Fleming, Air Force BRAC response cell director. "We will have trained people from 10 different Air Force organizations to answer or assist with any questions people may have."

Airmen can seek information through their chain

of command. They may also contact the public affairs office at their nearest Air Force installation.

BRAC is the congressionally authorized process the Department of Defense uses to reorganize its base structure to more efficiently and effectively support its forces, increase operational readiness and facilitate new ways of doing business.

"People are our most valuable asset; and though BRAC is a careful and impartial analysis, people will be affected," Colonel Fleming said. "We care about our people, and we want to keep our people informed and provide them the best possible information on the changes that will affect them."

The Air Force Web page will have a breakdown of affected bases from the BRAC list, said Jeff Whitted, Air Force News Service operations division chief.

See BRAC, Page 3

Selfless act highlights leadership

By 1st Lt. Aaron Wiley
Deputy chief, public affairs

An Airman's failed suicide attempt and disappearance recently highlighted why taking care of people is one of the distinguishing qualities of a true leader, and why wearing the rank of noncommissioned officer in the Air Force is a distinguishing symbol of leadership.

The quality comes first; it makes a person worthy of the stripes.

Senior Master Sgt. Oakley Coleman, 65th Mission Support Squadron, solidified that fact by demonstrating what selflessness means when he quietly took care of the Airman and his family in their time of need.

Early last December, Sergeant Coleman was briefed by then-65th MSS commander Maj. Suzanne Wheeler that an Airman had tried to take his own life and was at the Angra hospital recovering. It was all Sergeant Coleman needed to know to trigger a natural reaction of genuine concern.

"When the commander informed me of the suicide attempt, I volunteered to go to the hospital and stay with the member until he was released," Sergeant Coleman said.

Once released, Sergeant Coleman drove the Airman home, stayed with him and helped him begin the physical and emotional healing process.

"I became his liaison, ensuring he made medical and religious appointments, and was his confidant when he needed to talk or share his feelings," Sergeant Coleman said.

A couple months after the suicide attempt, however, the Airman went on leave. He told his spouse he'd be back on an earlier date than he gave his supervisor and Sergeant Coleman. When he didn't return, his spouse called and asked if Sergeant Coleman had heard from her husband.

After several unsuccessful attempts to reach the Airman at the emergency leave number, Sergeant Coleman informed the commander of the spouse's concerns. They decided to give the Airman until the date he'd given his su-

pervisor before taking further action.

"We asked (his spouse) to be patient," he said. "(At least) until that plane arrived."

But when the Airman didn't return on the date he'd given his supervisor, the commander and Sergeant Coleman became more concerned; not only about the member's whereabouts, but also for the welfare of the Airman and his family, he said.

His spouse wasn't an American citizen and had limited knowledge of the military and its financial systems, Sergeant Coleman said.

"She was really distraught over him not returning and expressed doubts about whether she'd be capable of taking care of the children and family matters in the member's absence," he said. "I agreed to be the family's liaison officer until the member returned."

With the help of Master Sergeant Shannon Parker, 65th MSS, Sergeant Coleman served the Airman's family by taking the spouse to all of her appointments, picking up their mail and taking care of any other temporal needs of the family. He looked in on them every day and made himself available any time there was an emergency, telling the spouse to call him at home at any hour of the night or day.

He also made arrangements for the spouse to receive financial counseling and education to help her better understand the military system.

"Sergeant Parker also played a key role in assisting the Airman's spouse while he was away," Sergeant Coleman said. "She helped her shop for groceries, attended a school appointment for one of the children and offered a female's perspective and ear to the spouse during this ordeal."

Subsequently, when the Airman's absence continued to grow, his spouse became more despondent, he said.

"I made arrangements for medical appointments and took her there and back," Sergeant Coleman said. "I also took her to the credit union to help her ascertain (their) financial status and to open an account in her name."

For more than two weeks, Sergeant Coleman acted as the family liaison until the Airman, who apparently wasn't planning to return, was located. When he heard the Airman had been found, Sergeant Coleman volunteered to escort the member back to the island. He made the trip and brought the Airman back to Lajes.

"The Airman told me he felt like he was under a lot of stress that he hadn't wanted to share, and felt he needed time away to think," Sergeant Coleman said. "I let him know we all cared and we just wanted him to come back and we would provide him all the assistance we could if and when he returned."

During the short time the Airman had back on the island before he retired, Sergeant Coleman agreed, via Power of Attorney, to ship his household goods, clean the house after goods were shipped and ensure the house passed its final housing inspection.

For his assistance to the Airman, Sergeant Coleman received special recognition.

"Sergeant Coleman was the recipient of the 65th MSG commander's first Wingman coin for going well beyond the call of a Wingman," said Major Craig Green, current 65th MSS commander. "Not only did he help prevent an Airman from another suicide attempt, but he also helped that Airman's family for almost a month during his disappearance and then retrieved the Airman from a potential Absent Without Leave."

Sergeant Coleman said being a Wingman must be a selfless act, and often is a collective effort. The commander, first sergeant, chaplain, doctors and other squadron members had key roles in helping the Airman and his family.

"You must be willing to do what has to be done, regardless of the inconveniences and without expectations of any rewards ... other than knowing your efforts have helped an individual resolve a situation or at least make it easier to deal with," he said. "I guess what I'm saying is it takes a village to truly be a wingman!"

Focus notes

Bookmark wizards!

The local winners of the USAFE-wide Bookmark Design Contest are as follows.

Kindergarten-3rd grade: **Jasmine Keuter**, 3rd grade

4th-6th grade: **Aidan Robert Kless**, 5th grade

7th-9th grade: **Maria E.R. Hughes**, 9th grade

10th-12th grade: **Natalia Maria Clark**, 10th grade.

Local winners were awarded bowling passes. Entries will be posted at

www.usafelibraries.org and will be forwarded to USAFE for competition at the major command level. USAFE winners will have their artwork featured on bookmarks to be distributed USAFE-wide.

Caring hearts

A Hearts Apart BBQ is from 2-6 p.m. Saturday at Fiddlers Green. For more information, call Diane Katz at 295-549-690 or e-mail dkatz40@aol.com.

Relaxed and fit

A certified massage therapist is available at the fitness center. Cost is \$50 for 1 hour. For more information, call 2-6126 or 295-549-669.

Combat education

A seminar on "Being Your Child's Best Advocate" is at noon May 17 in room 219 of the education center. For more information, call Kimberly Henne at 2-6722 or kimberly.henne@lajes.af.mil

A seminar on "Active Listening" will be from noon-1 p.m. June 8 in T-400, room 219. For more information, call Kalina Hilla at 2-3171.

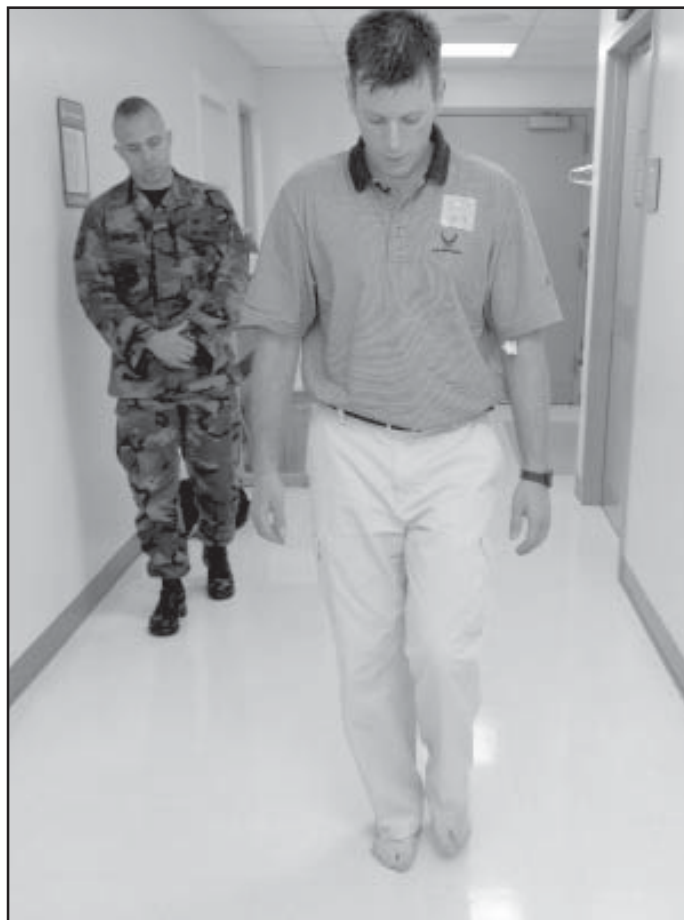
Learn all about Veteran's Administration benefits, what to expect and how to get the most from the VA direct from a representative 10 a.m. Thursday in the upstairs T-100 conference room. Sign up by calling 2-4138.



Alcohol study

(Above) Staff Sgt. Corey Kenney, 65th Medical Support, draws blood from Lt. Donovan Cirino, 65th Communications Squadron, during an alcohol study.

(Right) Lieutenant Cirino does a "walk and turn" as part of a field sobriety test. (Photos by Staff Sgt. Michelle Michaud) Eleven people, divided into four groups, participated in a study April 29 on how alcohol is metabolized differently by different people. Participants began drinking at 12:30 p.m. and had their blood alcohol content tested each hour until 4:30 p.m. Each group drank different amounts of alcohol. Every individual tested differently, and in most cases the individuals' alcohol levels continued to rise one and one-half hours after their last beer. "The message we want to get out is, 'You just don't know,'" said Senior Master Sgt. Scott Urfer, 65th Logistics Readiness Squadron and the organizer of the test. "This busts the myth that, 'I can have one drink an hour and still be safe to drive.'"



BRAC, Page 1

"We will also have links to frequently asked questions, news articles, and DOD and Air Force information concerning BRAC," he said. "As we receive new information, we will post it to this page."

Local communities surrounding these installations will also be affected. Communities can address their concerns with the president's commission at regional BRAC commission meetings or by contacting the commission at (703) 699-2950 for more information. Phone hours are 7 a.m. to 6 p.m. EDT, Mondays through Fridays.

The BRAC process will take months to be finalized. The secretary of defense's BRAC recommendations are not final.

The president's BRAC commission will review the list for conformity with the office of the secretary of defense's force structure plan and published selection criteria and report its findings and conclusions to the president by Sept. 8.

At Their Best

May promotions

Congratulations to the following members of Team Lajes for their promotions during the month of May.

To airman 1st class:

Lawrence Hill Jr., 65th Security Forces Squadron; **Joshua-Daniel Austin**, 65th Civil Engineer Squadron; **Michael Boschee**, 65th Communications Squadron;

To senior airman:

Jesse Burgett, 65th CS; **Michael Woods**, 65th CS; **Oscar Martinez**, 65th Logistics Readiness Squadron; **Wade Penry**, 65th CES; **Gregory Ewing**, 65th CES

To staff sergeant:

William Helton, 729th Air Mobility Squadron; **Juan Gonzalez**, 65th Operations Support Squadron; **Brandon Wright**, 65th Medical Operations Squadron; **Willis Shivers Jr.**, 65th CES; **Christopher Summers**, 729th AMS; **Dale Boone**, 65th CES; **Jose Santana**, 65th SFS; **Carl Rice**, 65th CS

To technical sergeant:

Tamara Jones, 65th LRS; **Kevin Schumacher**, 65th CES; **William Patrick Jr.**, 65th CS

To master sergeant:

Jon Kristof, 65th LRS; **Marvin Frazier**, 65th Contracting Squadron

To senior master sergeant:

Melvin Capers, 65th Air Base Wing

To captain:

Andrew Hoisington, 65th CES

FTAC grads

Congratulations to the following Team Lajes graduates of the First Term Airman Center:

Airman 1st Class Marcus Brooks, 65th Communications Squadron; **Airman 1st Class Amy Davis**, Detachment 6, American Forces Network; **Airman 1st Class Steven Moyer**, 65th CS; **Airman Norman Norton**, 65th Civil Engineer Squadron; **Airman 1st Class Jared Sauvageau**, Det. 6, AFN; **Airman Jon Staton**, 65th CES; **Airman Michael Thoms**, 65th CES.



American Forces Network "DET. 6 Destroyers" Master Sgt. Paul Firman and Senior Airman Troy Bowling low crawl through an obstacle course between barriers with a weighted crate during warrior day. (Photo by James O'Rear)

Warrior Day tests the best



A team from Air Base 4 participated in Warrior Day for the first time in several years. (Photo by Guido Melo)

Capt Bradley Stebbins and 1st Lt. Clifford Scruggs, both from the 65th Operations Support Squadron, carry a simulated victim during one of the obstacle events. (Photo by James O'Rear)

Staff Sgt. Eric Peaslee, Tech. Sgt. Kelly McGowan, Capt. Bradley Stebbins, 1st Lt. Clifford Scruggs, 65th Operations Support Squadron "Proud Bulls," answer 10 questions and determine their exact location on a Lajes Field grid map for the final Warrior Day event. (Photo by James O'Rear)



(Top left) Staff Sgt. Phillip Burns II, 65th Civil Engineer Squadron and a volunteer at Warrior Day, helps Col. Michael Silver, 65th Mission Support Group commander, put his blindfold on for his next challenge, which was to pick up pieces of a puzzle from several cones with his eyes covered. (Photo by Guido Melo)

(Bottom left) After completed, the wooded puzzle spelled out Lajes Proud. (Photo by James O'Rear)

(Right) Capt. Joel Bolina, Staff Sgt. Jacob Silvia and Tech. Sgt. Brian Heck, all from 65th CES, try to put a wooded puzzle together as fast as possible. So they could move on to their next event during warrior day. (Photo by Guido Melo)

New law puts limits on bankruptcy

By Capt. Jacob Pugh
65th Air Base Wing legal office

A new bill was recently passed that makes it more difficult for people to file Chapter 7 bankruptcy. The law will be effective in October.

The intent is to discourage people from filing bankruptcy. But, research conducted by Harvard Law Professor Elizabeth Warren indicates that provisions of the new law make it difficult for those who truly need help to get relief, such as those affected by high medical costs.

The section of the new law that most substantially changes a family's ability to file bankruptcy is "means testing." To qualify for Chapter 7 - often called a fresh start or clean slate - a person's income will now have to be below the median income for the same-size family in their state of residency or they will have to undergo a bankruptcy means test to determine this.

The means test is complex and fairly rigid and varies from state to state. For example, a person is allowed \$1,500 per year per child under age 18 for private education expenses regardless of the actual expense.

If your income is greater than the median income for the same size family in your state and you can pay at least \$6,000 over five years or \$100 a month, you will be required to file under Chapter 13 — where you must repay at least a portion of your debts.

A disabled veteran whose debts where

incurred primarily during active duty is exempt from means testing.

What does all this mean to the average military family? Although median income varies by state, a quick look shows approximately \$22,000 to be median for a single individual at the last census. This means that an E-4 with over 3 years of active-duty time exceeds the means test, and would likely not be allowed to file Chapter 7 bankruptcy under the new law. It also means that, if allowed to file bankruptcy, the effect would be to limit the "clean start" that has traditionally been the result of bankruptcy, forcing the Airman into a 5-year repayment plan, and that it would likely cost much more to file bankruptcy than it would have before.

Another new change is that before filing for bankruptcy, you must undergo consumer credit counseling with an "approved non-profit" counseling service, and you may not obtain a bankruptcy discharge until you complete a personal financial management instructional course.

Debtors are also required to pay the full amount owed on a car loan regardless of the condition of the car as opposed to paying only what your car is worth under the current bill.

Traditionally, debtors have been allowed to exempt their homes from being considered in bankruptcy proceedings. This "Homestead Exemption" has varied in value by state. 5 States had no limit to the value of the homestead which could

be exempted. Under the new law, the Homestead Exemption is limited in all states to \$125,000.00 if the you have owned the home (or homes in the same state) for less than 1215 days (3.3 years). Any equity in a homestead which is the result of a fraudulent transfer is not exempt for ten years from the date of transfer.

One additional filing requirement is that the debtor is required to provide copies of tax returns to the United States Trustee.

A change to Chapter 13 requires a minimum plan term of 5 years for people whose income exceeds the national median. Otherwise a three year minimum is required.

In addition, new requirements will be put in place for attorneys who help clients prepare bankruptcy filings. "Bankruptcy attorneys must certify their clients' financial statements to the court and will be held financially responsible if the statements are false. Due to this change, many bankruptcy attorneys may charge more for their services," said Steve Bucci, president of Consumer Credit Counseling Service of Southern New England.

Consumer advocates and bankruptcy attorneys agree that this requirement will substantially increase the cost of hiring an attorney to assist an individual or family in filing bankruptcy, as attorneys will have to take extra steps to ensure that the information the client is providing is accurate.



Time to give



Staff Sgt. Robert Sammeli, 729th Air Mobility Squadron, donated a pint of blood during a blood drive, sponsored by the 65th Medical Group, at the Angra hospital April 27. Team Lajes members can donate blood during one of the monthly blood drives. For more information, call the base clinic at 2-3685. (Photos by Staff Sgt. Michelle Michaud)

Extreme Summer offers prizes

The U.S. Air Forces in Europe Extreme Summer program, which officially runs from June 1 through Aug. 31, is holding early enrollment through May.

The program encourages people to get involved in a variety of services and community activities, and allows people to earn points by participating.

These points can be loaded onto the Extreme Summer website for chances to win more than \$150,000 in prizes throughout the summer months.

All USAFE active duty military, Department of Defense civilians, and their family members 8-years old and above can participate. There are four categories: youth 8-12 years old; teens 13-18 years old; E1-E5 and their spouses; and a category for E6-E9, all officers, civilians and their spouses.

Points can be earned for hundreds of activities from logging a certain number of FitLinx points to playing golf or taking an academic class. Going on trips, filling out book reviews at the library and volunteering all can translate to prize opportunities. A complete list of activities that count towards points is listed in the Extreme Summer magazine, available at base services facilities.

All participants who sign up before May 31 will automatically receive 50 Extreme Summer 2005 points. Individuals that are interested in the program can visit the Extreme Summer website to enroll and load points.

Early enrollees also have the chance to win an extreme off-road adventure – a three day, all-expense paid trip for two to Jeep Jamboree at the Rubicon Trail at Lake Tahoe, Calif. Other winners get a trip for four to the Edelweiss Lodge and Resort in Garmisch, Germany. Grand-prize winners for the youth and teen categories receive an all-expense-paid trip to Walt Disney World Resorts in Florida where

they will visit all four Disney theme parks. Winners of the monthly, early enrollment and grand prize trips can take up to three family members or friends with them.

The top 3 percent of point earners in both adult categories combined qualify for a drawing to win a 2005 Jeep Wrangler.

Also for adults, four first-place winners will receive a three-day, four-night, all-expense paid trip for two to a NASCAR Nextel race at Atlanta Motor Speedway for the ultimate NASCAR racing fan experience. Winners will visit the pits, meet drivers and be treated to VIP seating.

Command sponsorship

TRICARE Prime Enrollment

Due to differing interpretations regarding the enrollment of active duty family members into TRICARE Overseas Prime programs, Assistant Secretary of Defense for Health Affairs, Dr. William Winkenwerder, recently provided clarification to the existing overseas enrollment policy.

Only active-duty family members who meet the Joint Federal Travel Regulation definition of command sponsorship are eligible for enrollment into TRICARE Overseas Prime programs. This means the service member's command must officially authorize the family members to reside with the service member at the overseas location for TRICARE Prime enrollment. Because of this authorization, the service member receives certain financial allowances to support his family at the overseas location. Official command sponsorship is routinely annotated on a service member's orders.

This new policy is currently being implemented throughout TRICARE Europe. Active duty service members must now provide copies of orders which show Command Sponsorship of their accompanying ADFMs to be enrolled into TRICARE Overseas Prime programs.

"Active duty family members

who choose to reside overseas but are not command sponsored remain eligible for TRICARE Standard, TRICARE Plus, or space-available care at military Medical Treatment Facilities when and where it is available," said Navy Capt. Mary Greenwood, TRICARE Area Office- Europe's Program Operations Director.

She emphasized the need for military families to understand the new policy before making a decision that could result in costly out-of-pocket expenses for healthcare. TRICARE Standard requires payment of an annual deductible and then co-payments and cost shares for outpatient and inpatient care.

"More importantly, bringing non-command sponsored family members who have special medical needs to an overseas location that cannot support those needs puts that individual's health at unnecessary risk," Capt. Greenwood added.

Dr. Winkenwerder's policy clarification memorandum also provides guidance regarding exceptions to the policy, under certain circumstances. The memorandum can be accessed online at: http://www.ha.osd.mil/policies/2005/97-052_clarification.pdf

For more information, call the Lajes TRICARE representative at 2-2262.

Internet-based health care

The Internet can be used to do research, download music and even shop for cars. However, Airmen should use caution before using the Internet as a means for receiving medical treatment, officials said.

Many Airmen are taking advantage of the increasing number of Internet physician and pharmaceutical services to seek medical treatment, Air Force officials said. However, care rendered outside the built-in safeguards inherent in the military health system may have serious effects on safe operations and personnel readiness.

The risks include receiving medications without an appropri-

ate medical evaluation, questionable credibility and credentialing of online physicians overseeing the prescribing process, and no access to the customer's health-care records to screen for medication interactions and other illnesses.

"If an Airman decides to seek treatment or medications from an online physician, (he or she is) taking a giant risk because that physician doesn't have access to the Airman's medical history, and the non-face-to-face, doctor-to-patient interaction can lead to major misdiagnosis," said Lt. Col. Kenneth McDonnell, professional services chief for Air Mobility Command's surgeon general.

That treatment, he said, also can affect the mission.

"If an individual has to be hospitalized for an extended period of time (because of) drug interactions or serious illness resulting from Internet prescriptions, it can affect how the Air Force as a whole gets the mission done," Colonel McDonnell said.

In one such case, a deployed person was taking medication not prescribed by a military physician or an approved health-care provider, he said.

"The medication made the individual extremely sensitive to the extreme heat, and, therefore, the individual had to be removed from the theater," he said.

Many servicemembers are choosing to use online services even though they are recipients of health care at basically no charge, officials said. This concerns military health-care officials.

"Because there are certain medical services, such as herbal supplements, that the Air Force doesn't provide or (isn't) authorized to provide under Tricare, members may choose to go outside the military health system, regardless of the cost," Colonel McDonnell said. "Individuals may also seek treatment for illnesses they feel could hurt their career if they were treated by an Air Force physician."

"The decision is risky, and it could cost them their life," he said.

Lajes Field Editorial Staff

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The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail us at news@lajes.af.mil.

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COMMENTARY

Commander's first impressions

By Col. Robert Winston
65th Air Base Wing
commander

I first came to Lajes Field twenty four years ago as a second lieutenant piloting a C-130. It was my first mission outside of the United States and I'll never forget how green Terceira Island looked as we broke out of the clouds and maneuvered for landing. We landed, refueled the aircraft and then checked into billeting.

That night we went to Praia, enjoyed a great meal of local seafood and wine.

In the morning we pre-flighted the aircraft, received a weather briefing and filed the flight plan at base ops. I enjoyed a box in-flight meal on the long flight home.

The Lajes team took good care of us and my first impression of Team Lajes and flying abroad couldn't have been better. Team Lajes got the job done!

Wednesday (May 4) I received command of the 65 Air Base Wing from Col. Barbara Jacobi. From the first moment that Kim and I arrived at Lajes I



Staff Sgt. Shermaine Gill, 65th Logistics Readiness Squadron, talks to Col. Robert Winston, 65th Air Base Wing commander, during the Right Start briefing Tuesday. The two were stationed together previously at Moody Air Force Base, Ga.. (Photo by Guido Melo)

have been impressed and inspired by the solid teamwork and support that I have witnessed. The change of command ceremony ran like clockwork and was a tribute to your professionalism.

The awards ceremony provided me with another showcase of the caliber of our people.

On Friday I was able to participate in the Warrior Day Challenge and personally witnessed our people excelling in events that tested their combat skills.

Everywhere I have gone, whether it was to the gym, the 65th Communications Squadron, the club on Friday night or the chapel on Sunday morning,

people were positive, sincere and making good things happen.

I want to thank everyone, our U.S. military members and our Portuguese employees, for making our first week wonderful. Just like my first impression of Lajes when I was a second lieutenant, my first impression on returning to Lajes couldn't be better.

I must comment on our Portuguese hosts and partners. Major General Mimoso and his staff have been extremely helpful in helping me settle in and I thank them for their support.

You will hear me say over and over again how I need for each of you to see yourself as a leader and then take action. When you see something that needs attention, you need to take ownership of it, see it through, or get positive handoff to those who will see it through. In this way we will be backing each other up. With everyone leading in this manner, imagine all we'll accomplish as a team.

I am very honored to serve you as commander of the 65 Air Base Wing and I look forward to working with you all.

What recognition really means

By Chief Master Sgt.
Cathi Durick
65th Air Base Wing
command chief master sergeant

The question lingers: What does it take to be recognized? For Airmen and NCOs, recognition can be a confusing issue. Let's talk quarterly awards...

What does it take to get recognized? For Airmen and NCOs, recognition as a quarterly or annual award winner can be a bullet on a performance report, for SNCOs, a stratifying statement for promotion. As we progress in our careers, competing against peers and winning may be a deciding factor in assignments, STEP promotions, SNCO board scores, in-residence professional military education and more.

Over the years, (and it's been almost 26 of them) I've been on hundreds of boards and have developed a sense of what it takes to be an award winner. Job knowledge and performance are the key here. Did you impact your work center, flight, squadron or major command by doing something faster, better or cheaper? Just being key to the squadron winning an award doesn't really say anything. What did you do...or what did your Airman do to guarantee that award?

Quantifying is important but don't exaggerate. I'd like to see all the money and manpower we supposedly saved the Air Force over the past several years that I've seen in packages. With some of these exaggerations, the Air Force would be able to fund a lot of quality of life projects—like our running track for sure!

All nominees do great things on their primary job, but winning a tie-breaker is usually because the "other" categories are strong. Off-duty activities are important in your overall score. Professionals are distinguished by their skill and experience. What better way to enhance these traits than to get involved in volunteer work and self-improvement? Volunteering on base and in the community is a sure sign of leadership and initiative and there are always opportunities to volunteer as key workers for events here at Lajes. Yet, as I was sitting in the Rising Six Council meeting a couple of weeks ago, the young technical sergeant all but begged for POCs for different events while the group she was addressing addressed the shine on their boots. Volunteer programs give our folks opportunities to get involved and contribute.

Self-improvement through off-duty education is really important. Don't think the board members can't deduce you've been

carrying around the same 38 credit hours toward a future Community College of the Air Force degree. I've seen annual awards and EPR bullets with the same number of credits for a year or so. Not an impressive accomplishment and more often it hurts rather than helps. Get going on your education.

Never say you did things that you didn't; in a place as small as ours, the board members probably know. Besides, the award is only worth it if you really did the work.

I realize some of you will always have the perception that the quarterly and annual award process rewards the competitive person at the expense of the "hard worker" and misplaces the recognition. I give my vote to the professional — the individual who excels at his/her job, takes initiative, contributes to the community and betters him or herself. That's the essence of professionalism. Want to win? Then distinguish yourself from the pack and make an impact. Make yourself competitive for an award that matches your talents, interests and strengths.

Supervisors, when your troop approaches you and asks "Why didn't you nominate me?" be ready to defend your criteria for what it takes to represent your section, flight or command at the next level—then tell them what it takes to win!

Ferryboats are sailing

As usual, two ferryboats will travel among eight of the nine Azorean islands during the summer months.

The first ferryboat, named "Golfinho Azul" (Blue Dolphin), is already sailing the Azorean waters and will operate through Sept. 30. The second boat, "Lady of Mann," will sail June 19 – Sept. 16.

Golfinho Azul, property of an Azorean maritime company, can carry approximately 750 passengers and 150 vehicles. It also offers cabins for 240 passengers, a restaurant, two bars and a lounge. The "Lady of Mann" has less capacity, but can also transport vehicles.

These two boats offer a unique opportunity to travel to the other islands and also take your own vehicle or pets at an inexpensive cost.

"Lady of Mann" travels mostly among the central group of islands (Terceira, Graciosa, São Jorge, Pico and Faial) although will also sporadically sail to São Miguel and Santa Maria. "Golfinho Azul" sails to all the islands, except Corvo. Both ferryboats will also offer additional special trips during the major festivals on the different islands.

Traveling by ferryboat can be a very pleasant experience, especially during the day among the central group of islands since it offers breathtaking vistas of the islands

while they travel.

The ferries take about three hours to reach the island of Graciosa and six hours to reach São Jorge. Even though São Jorge is the closest island, the boats stop at Graciosa first before continuing on, thus the reason why it takes longer to arrive at São Jorge.

From São Jorge, the ferries go on to the islands of Pico and Faial.

The total time for a trip between Terceira and Faial is about 10 hours. The boats take six hours to get to São Miguel and 15 hours to arrive at Flores.

During these longer trips the boats sometimes feature entertainment, such as bands and movies to help pass the time.

Tickets can be purchased at the commercial port of Praia one hour before departure time or at the various travel agencies on the island. Round trip prices from the port of Praia range between 57.30 Euros (to any of the central group of islands) and 77.50 Euros, (to Flores). Children under 5 can travel for free and children between 5 and 11 have a 50-percent discount.

You can check out the ferryboat schedules and prices at the Public Affairs office, Bldg T-100, Room 240 or find them on the web <http://www.turangra.com>

Explore the Azores and enjoy your travels.

Ask Ed!



By Eduardo Lima
Community Relations Advisor
Call him at 2-3413 or e-mail
eduardo.lima@lajes.af.mil



Everyday Hero Staff Sgt. Damon Henderson 65th Security Forces Squadron

Duty title: NCOIC, Pass & Registration/Crime Prevention and Installation D.A.R.E. Instructor

Job description: Manages and tracks the 65th ABW Restricted Area Badge/Vehicle Registration program for all assigned personnel. Interfaces with the host nation inspection agency to ensure all vehicles are properly registered, safety inspected and deregistered. Also manages the wing crime prevention program. Tracks crime prevention statistical data and serves as liaison between Security Forces and base residents. Conducts bicycle, skateboard and rollerblade safety education for

base youths. Identifies unsafe hazards and creates solutions to prevent and correct mishaps. Manages Drug Abuse Resistance Education (D.A.R.E.) and provides instruction to local schools. Routinely provides positive interaction between Security Forces and the Lajes community through organization of community policing activities and events. Gathers housing residents concerns and drafts proposed solutions for base leadership.

Time in the Air Force: Seven years, two months

Time at Lajes: 11 months

Spouse/children: Wife, Michelle; daughter, Amaya 21 months old

What's the best aspect of your job: Interacting with other AFSCs and customers on a daily basis.

What are your career goals: Retrain into another AFSC to enhance my knowledge of USAF functions, duties and responsibilities, and become a first sergeant.

Best Air Force experience: Getting the chance to be stationed in other countries and experience many different cultures.

Life goal: To live a happy, healthy life with my family and enjoy continued success in my chosen profession.

Hometown: Schenectady, New York

One word to describe you: REAL

Hobbies: Anything enjoyable (too many to list)

Favorite food: Anything delicious

Favorite color: Blue

Pet peeve: Fake people

No one knows I: was once a defensive backs coach of a division II college football team

When I was growing up, I wanted to be: A professional football player and coach

If I could have only one kind of food, it would be: Soul food

The first thing I would do if I won a \$1,000,000 is: Throw a big "I'm Rich!!" party and invite all my family, friends and co-workers.

Summer swimming safety tips

By Maj. John Roden
Chief of wing safety

The cool, blue water and the sunny lounge chairs of the base pool may seem like a peaceful haven, but it's important people realize that though swimming seems to be a harmless pursuit, it can become life-endangering if the rules aren't followed.

The most basic rules of swimming safety can be applied to the pool environment, and involve the use of a little common sense.

First, never run along the pool edge. One slip could result in a badly twisted ankle, or even a crack on the head, which might lead to unconsciousness and even drowning.

Also, be aware of other people using the pool. This means checking the water below before diving in, and appreciating the whereabouts of others when swimming.

Third, don't indulge in horseplay, especially with less-able swimmers. This includes dunking a person's head under the water and dive-bombing other people.

Finally, never swim while under the influence of alcohol or on medication. It might seem like a good idea at the time, but judgment and swimming ability can be greatly impaired.

When swimming in the sea, it's vitally important to understand the role of currents.

A lateral current runs parallel to the shore and can drag a swimmer into what's called a rip current. Rip currents are strong flows of water returning to the sea. People who do get caught in a rip current shouldn't panic but swim back to shore at a forty-five degree angle.

If that's not possible, then swim parallel to the shore for a while, and then try the forty-five degree angle. If this fails, wave and call for help.

Undertow and shore break can be dangerous for youngsters near the water's edge. Undertow is the return of the water from the shore to the sea, and can be strong enough to drag a small person back into the sea. Shore break is even more dangerous, and is when a

large wave breaks on the shore.

People who can't escape from an impending shore break should dive into the base of or "under" the wave.

Never swim alone in the sea, and don't swim for long in cold water.

Allow plenty of time for food to digest before swimming. It's also a good idea to check the direction of the tide.

As going to the pool or ocean is often a family activity, keep these children's safety tips in mind too.

Whether taking a toddler to the pool for his first swim outing, or the "embarrassed-to-be-seen-with-my-mom" pre-teen, these safety tips should be instilled at the beginning of the season.

1) Never leave small children unattended in a pool. Even if there is a lifeguard nearby, an accident can happen in seconds. Even in infant/wading pools, an adult should always be present—children can drown in mere inches of water.

2) Teach children to swim at an early age. This doesn't mean it's safe to leave

children unattended, but it emphasizes their natural swimmer's instinct, and reduces the risk of fear setting in.

3) Teach older children to never swim alone. Instead, have them incorporate a "buddy system" where they always swim with friends.

4) Teach kids to swim safely. Running, roughhousing and pushing others underwater are all potential hazards.

5) As an adult, set a good example and practice swimming safely. Children learn by imitation.

6) Take cardiopulmonary resuscitation. This is excellent advice for any occasion. You never know when it could save your child or someone else's.

7) Remember, even if kids are well trained in the water, that doesn't mean everyone else's children are. Teach your children to stand up for themselves by walking away if another child is playing too rough.

Follow these safety guidelines to ensure that wherever you decide to swim, you can do it safely.

Sports briefs

Pool hours

May 28 - Sept. 5.

Mon-Wed-Thur-Fri: 1 p.m.-7 p.m.
Lap Swim

Mon-Wed-Thur-Fri: 11 a.m.-1 p.m.

Saturdays: 12 p.m. - 7 p.m.

Sundays: 12 p.m. - 6 p.m.

Tuesdays: Closed

(These hours are subject to change due to availability of lifeguards)

Swimming pool 2005 fees

Daily fees

Children: \$2

Adult: \$3

Season Passes

Single: \$40

Couple: \$55

Family(5): \$75 plus + \$5.00 for each additional child

Pool Parties

With water slide: \$75 per hour

Without water slide: \$60 per hour

Swimming Lessons

1st child: \$45

Additional child: \$25

For more information, call 2-4140.

Chase Fitness Center

Hours

5 a.m.-2 a.m. Mon. - Fri.

8 a.m.-7 p.m. Sat. & Sun.

8 a.m.-2 a.m. down days & holidays

Fitness annex (skating rink)

6-8:30 a.m. & 4-5 p.m. Mon.-Fri. squad-

ron/unit use only

8:30 a.m.-4 p.m. & 5-9 p.m. Mon.-Fri. gen-

eral use

8 a.m.-7 p.m. Sat., down days & holidays

Exercise classes

Mon. - Step w/ Val, 8:30 a.m.; Spin w/

Val, noon*; Cardio w/ Val, 4 p.m.; Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.*

Tues. - Spin w/ Dawn, 6 a.m.*; Circuit training w/ Val, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.*

Wed. - Step w/ Val, 8:30 a.m.; Step w/ Val, 5:15 p.m.; Spin w/ Célia, 5:15 p.m.*; Body-Sculpt w/ Val, 6:20 p.m.; Yoga w/ Val, 7:30 p.m.

Thurs. - Spin w/ Dawn, 6 a.m.*; Circuit training w/ Célia, 8:30 a.m.; Cardio kick w/ Val, 5:15 p.m.; Spin w/ Val 6:30 p.m.*

Fri. - Step w/ Val, 8:30 a.m.; Spin w/ Val, noon*; Cardio w/ Célia, 4 p.m.; Spin w/ Célia, 5:15 p.m.*

Sat. - Yoga w/ Val, 9 a.m.; Circuit Training w/ Célia, 9:15 a.m.*; Spin w/Val, 10:15 a.m.*

*Classes held at the skating rink

Chapel services

